



YMCA of Niagara

Volunteer Opportunity and Job Descriptions

Health, Fitness and Aquatics Centre – Group Fitness Instructor

Location	Health, Fitness and Aquatics Centres across the Niagara Region – Niagara West (Grimsby), Niagara Centre (Welland), Vale Health and Wellness Centre (Port Colborne)
Time Commitment	Minimum 1 hour per week for more than 10 weeks annually

Why Volunteer for the YMCA?

The YMCA is a charity dedicated to building healthy communities. The YMCA of Niagara delivers programs in Health, Fitness and Aquatics, Community Outreach, Child Care, Day Camp and Employment & Newcomer Services throughout the Niagara Region. We are committed to nurturing the potential of children, youth, and families, promoting healthy living and fostering social responsibility within the community. Our focus on inclusiveness and accessibility means we serve people of all ages, backgrounds, and abilities through all stages of life.

NATURE & SCOPE

To contribute to the well-being of YMCA members by leading them through safe and productive exercises in a fitness class. Volunteers can help people grow in many ways that are consistent with the YMCA's mission of building body, mind and spirit.

EXPECTATIONS:

- To appreciate and support the YMCA values, mission and vision.
- To demonstrate energy, dedication and enthusiasm.
- To appreciate and desire to generously serve all.
- To thrive in an atmosphere of change and ambiguity.
- To work as a member of a team.
- To achieve planned results through personal initiative.
- To model commitment to service excellence and quality.

RESPONSIBILITIES:

- To greet and welcome members.
- To lead a fitness class following National YMCA guidelines.
- To maintain YMCA recognized fitness instructor certification and other mandatory qualifications.
- To follow YMCA volunteer dress code (volunteer t-shirt and black bottoms) and wear personal protective equipment as required.
- To follow all YMCA policies including the Child, Youth and Vulnerable Person Protection Policy and Procedures.

QUALIFICATIONS:

- Current YMCA Fitness Instructor certification or other recognized accreditation.

- CPR A
- Leadership experience.
- A clear and satisfactory criminal record check inclusive of the vulnerable sector search (CRC VSS) issued for the YMCA of Niagara required if over age 18.
- 16 years of age or older.
- Excellent physical fitness level necessary to fulfill fitness class leadership role.
- Interview and 3 references will be required.

TRAINING AND SUPPORT:

- Volunteer orientation inclusive of all relevant YMCA Policies and Procedures.
- Regular workshops and team meetings.
- Logistical support: music library, equipment.
- Supervision and support by Program Coordinator to assist in personal growth and development.

APPLICATION PROCESS

Complete an online volunteer application form or print the application and drop off at your local Health, Fitness and Aquatics Centre or email it to volunteer@niagara.ymca.ca

Accessibility accommodations and material in alternative formats for individuals with disabilities can be arranged upon request.

For more information for this and other opportunities at the YMCA of Niagara please visit our website: www.ymcaofniagara.org